



Who we are

The Maya Centre is a multi-ethnic organisation offering individual counselling and group therapy. We are a community-based agency providing a free service to vulnerable and disadvantaged women.

Free counselling

The centre is unique in providing a free counselling service in seven languages to women who have been excluded from this type of help because of their race, social class, sexuality or lack of educational opportunity. Specialised counselling projects for Black and ethnic minority women, women from refugee backgrounds, Irish women, women in violent situations and older women have been created as a response to the extra difficulties that women from these groups face. We work with women from the age of 16 and we are able to arrange counselling to take place where there is access to a free crèche.

The staff

Our centre is staffed by a team of women psychodynamic counsellors from different ethnic backgrounds. We also offer a limited number of clinical placements to minority ethnic counselling students. They all work in accordance with the BACP and UKCP ethical framework for good practice.

Our clients

Our services are open to women who fulfil four criteria:

- Live or work in the borough of Islington and its surrounds (refugees are accepted from any London borough)
- Are on an income of less than £10,000 a year (£15,000 with dependants)
- Have not had prior counselling/ psychotherapy of more than 12-16 weeks
- Have not had the opportunity to study at degree level

Clinical assessments

All eligible women are offered a full assessment, where their emotional distress, difficulties and life experience will be discussed. Each woman's potential to look closely at painful experiences in time-limited once-a-week counselling will be assessed. Together the counsellor and client will decide on an appropriate form of support. If the centre cannot provide that support then a detailed referral to another agency will be made.

Individual sessions

We offer clients one 50-minute counselling appointment each week. The length of the counselling contract will vary according to need and can be up to a maximum of 12 months.

Groupwork

Groups are often appropriate provision for women as they can enable communication, sharing, support and understanding. Some of our ongoing groups are: women affected by domestic violence, women from refugee backgrounds and older women.

Services for professionals

The centre also provides training, supervision and consultation for professionals working within the mental health and related fields.

Outreach services

We place great emphasis on our outreach services and will be happy to visit any group or agency. We see ourselves as having a role working alongside other organisations, planners and user groups, in order to raise awareness of the efficacy of counselling to our client groups.

We are also able to offer half- or full-day regular sessions located in other organisations if you think you may have a number of clients in one place who would benefit from counselling.

"It made me understand myself more and not blame myself when things go wrong and helped me to understand my daughter & partner better."

COMPASSION

RESPECT

RELATIONSHIPS



Specialist services

African, African-Caribbean and Irish women

– can be seen by one of our African, African-Caribbean or Irish counsellors if they choose.

Counselling for women from refugee backgrounds

– for women who have experienced trauma as a result of being a refugee.

Counselling in a range of languages

– we provide counselling in Arabic, English, Farsi, Portuguese, Somali, Spanish and Turkish and hope to expand the number of languages we are able to work in.

Women in violent relationships

– for the many women who find themselves struggling with violent relationships or the legacy of a violent past.

Older women

– counselling which can help women over 50 to address relevant issues such as ageing, loss and disability.



How to refer

We accept self-referrals, however we are happy for professional referrers to contact us first for an initial discussion about whether our service is appropriate. We can be contacted by phone, email or by letter.

The Maya Centre

Unit 11 City North, Fonthill Road, London N4 3HN
Tel: 020 7281 2728 Fax: 020 7561 9376

Email: referrals@mayacentre.org.uk



Registered Charity No. 1012889
A company limited by guarantee No. 2701313

Making a referral to the Maya Centre



www.mayacentre.org.uk